

- Parents and other family members play a very important role in the way a child develops. Here are some things you can do to make sure your baby has the healthiest start in life.
- Breastfeed your baby.
- Touch and cuddle your baby.
- Talk, sing or read to your baby every day.
- Choose healthy foods for your family.
- Give your baby breastmilk or formula until he is at least a year old.
- Get regular medical checkups for your baby.
- Take your child for shots at 2, 4, 6, and 12 months.



Inside,
you will find facts
about the various points
of development in your baby's
first year of life. This guide is
to help you know what to
expect as your baby
grows.

The most important time in a child's development is from birth through 4 years of age. It is during this time that a child learns how to love and be loved, how to trust and be trusted. It is also the time that a child's brain develops most of its potential.

Watch Me Grow In My First Year



Remember:

- Each baby grows in his or her own way.
- If your baby was born early, he or she may develop a little later in some ways.
- Ask your baby's doctor or nurse if you have a question about what your baby is doing.

**Need help finding health services for your child?
Call us! We can help.**

If you don't have a doctor, or are not sure where to go to get health services for you or your baby, call 211.

The person who answers this toll-free line can tell you about services that are closest to you, such as where to go for nutrition education, food assistance, checkups or shots, as well as where you can get services if your child is developing slowly or has a special health need.



*A child health and safety initiative sponsored by the
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You can call between 8 a.m. and 5 p.m., Monday through Friday, from any phone – **free!** So, if you need information or a referral, call:

211

<http://www.tdh.state.tx.us/ttfk>

Take Time for Kids envisions a Texas where children are a priority, parents are supported, families are valued, communities provide a culture of caring, and children live healthy lives.



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0-3 months

Am I hungry?

- Please don't wait until I cry to feed me.
- I tell you I'm hungry by:
 - moving my head and opening my mouth towards your breast or a nipple.
 - sucking on my hand.
 - fidgeting.
- I drink only breastmilk or formula.

Why do I cry?

- I cry often because I don't have any other way to tell you what I need.
- **Please do not shake me.** It could cause brain damage or even death.

What do I do?

- I sleep a lot, but I don't really have a schedule.
- I go through six to 10 diapers per day. Please change my diaper as soon as it is wet or soiled.
- At 1 month, I can follow moving faces with my eyes.



- At 2–3 months, I gurgle, laugh, and smile when I'm happy.
- By 3 months, I move my arms and legs, especially when I am excited.
- By 3 months, I can lift my head and shoulders while on my stomach.

What do I need?

- Love.
- Read and sing to me; pick me up when I cry.
- I need someone to hold and play with me. You cannot spoil me.
- Breastfeed me to help me grow and develop best.

4-6 months

Am I ready for solid food?

- I am ready to try infant cereal when I can sit with support and have good control of my head and neck.
- I am ready for strained vegetables and fruits around 6 months.
- I'm full when I turn my head away, push the spoon away, or hold my mouth shut.
- I am ready to start learning to drink from a cup around 6 months.

What can I do?

- I can roll over.
- I grab things and put them in my mouth.
- I love to shake things and listen to the sound they make.
- I recognize familiar faces, voices and objects.
- I babble a lot and try to imitate sounds.



- I can turn toward sounds like the radio, TV, or voices.
- Around 6 months I weigh twice as much as I did at birth.

How can you help?

- Wait five to seven days between each new food and watch me for signs of food allergies.
- Respond to my needs, and I will develop trust.
- Cuddle me; I do not like to be left alone.
- Continue to breastfeed me until I am at least a year old.

7-9 months



What is mealtime like now?

- I feed myself finger foods, and I'm very messy.
- It may take me many attempts to like some foods.
- I like to play with my spoon, but I cannot use it very well.
- I am slowly getting better at drinking from a cup.
- I'm learning to move food to the sides of my mouth and chew.
- I am ready to try finger foods such as soft pieces of banana and crackers.
- I may be teething but that doesn't mean I'm too old to breastfeed.
- I may not nurse as often as I used to but I still need breastmilk or formula until I am at least a year old.

What can I do?

- I imitate the sounds I hear. That is how I learn.
- I can sit and I can crawl or move forward by scooting.
- I can move toys from one hand to the other.
- I may have teeth coming in. Keep cleaning my gums and teeth twice a day.
- Keep me safe as I explore my world and our home with my hands and mouth.

How do I feel?

- I am upset and cry when you leave. I am so glad when you return.
- I want to be included in whatever you are doing.
- I enjoy showing off and getting praise.

10-12 months

I'm learning to eat by myself!

- I learn by making a mess! Please be patient.
- I can hold my spoon, but I need help to feed myself.
- I drink more often from a covered cup and less from a bottle.
- I can drink from an uncovered cup, if someone holds it for me.
- I'm still breastfeeding and it continues to help me grow.

Look at what I can do!

- I can shake, bang, throw and drop objects.
- I say one or two words and I often repeat them.
- I like to play simple games such as peek-a-boo or patty cake.
- I love to shake my head and say "no," even when I mean "yes."
- I like to look at pictures in books and magazines and hear you read to me.

- By 12 months, I can pull myself to a standing position.

I have feelings, too!

- I am afraid of some things that used to be okay, such as bathing.
- I may be restless or have trouble sleeping.
- I need you more and may cling in new situations.
- I may scream and cry when I don't get my way.

